



H-PLUS Function Exercise: ATTENTION

Function Command: PLUS-FOCUS

Purpose:

This is your H-PLUS Function exercise to learn to focus your attention.

Application:

For one-pointed observation with mind and all senses upon a particular act, event or thought. Use to gather wide-banded information in a particular area to the exclusion of other unrelated input and as a prep for other Functions.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **ATTENTION** works well with the H-PLUS Function exercises **RELAX**, **IMPRINT** and **SPEAK UP (P)**.

Examples – If you work in an office with many distractions, use **ATTENTION** to focus on the tasks at hand. If you're listening to a boring speaker, focus with **ATTENTION** and insert the information into memory with the **IMPRINT** Function. In an intense conversation, use **RELAX**, pay heed with **ATTENTION** and use **SPEAK UP (P)** to communicate clearly and easily.

Please Note:

- Observe yourself working smoothly and efficiently despite noise and interruptions.
- Observe your mind remaining focused on the topic at hand instead of "wandering."
- You must be alert to your own thought habits and patterns to properly assess the efficacy of this Function.

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